

Meth: What Can I Do About It?

Meth Fact Sheet

Are you concerned about the meth problem? Here is a list of things you can do to help your community.

Educate Yourself

- Learn more about this insidious drug and how it affects both the user and the community at large. A good place to start is the Facts About Meth fact sheet.

Spread the Word

- Talk about dangers of meth with your friends, neighbors, coworkers and most importantly your children. For ways to talk to your kids about drugs, visit the Partnership for a Drug-Free America's parent resource at drugfree.org/parent.
- Put up anti-meth posters in as many stores in your area as possible as well as where you work.
- Write letters to your local newspaper and television stations to encourage them to cover any meth-related stories — or share your personal experience with them.
- Send emails with anti-meth links or articles to your friends to make them more aware of the dangers of the drug.
- Take advantage of when you encounter neighbors at the supermarket, a school play, the movies or even while filling up your gas tank and talk about the meth problem in your community.

Be Alert

- Look for signs of meth use, production and dealing throughout your neighborhood.
- Find out how to spot and report suspicious activity to the police.
- If you're moving into a new home, ask your real estate broker if they know of any meth labs that have been in the area.
- If you suspected a meth lab in your area contact your local police, or sheriff's department. **If it's an emergency, call 911.**

Take Action

- Speak out in schools, places of worship or any public community forum and educate others about the dangers of meth.
- Link to www.drugfree.org/meth from your website.
- Encourage family and friends struggling with meth use to get help.
- Join a local community educational, support or activist group.
- Volunteer to work with children who have lost their parents to meth or volunteer to help social workers who are working with children left behind from addicted parents.
- Report meth labs in your community to local law enforcement.
- Volunteer in a local treatment center, hospital or burn center, where unfortunately many meth cooks and their children wind up.
- Advocate for an in-school meth education program at PTA meetings and teacher conferences.
- Organize landlord forums to inform them of the risks and signs of meth labs in their buildings.
- Work with the local police to set up a Block Watch program in your neighborhood.

Reach Out!

Ending meth requires support and resources from across your community. The following are some of the groups in your area who can help stop meth:

- Community prevention coalitions
- Treatment organizations
- Law enforcement
- Courts
- Legal professionals
- Child welfare/development/protection services and agencies
- Fire protection and emergency services
- Local businesses and retailers
- Any media source
- Secondary schools and parent organizations
- Local colleges and universities
- Mental health agencies
- Faith communities
- Real estate and public housing agencies

Find out possible health problems of living near an illegal lab. Read the **WHAT ARE THE RISKS IF I LIVE NEAR A METH LAB?** fact sheet